BENNIE FURLONG SENIOR CENTER MARCH 2025

281 19th Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730 Specialist: Dawn Avery Monday - Friday 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Brain Games 8 a.m.  Chair Exercise 9:30 a.m. (V)  Line Dance Class 1:30 p.m.(I)  (V)=Video  (I)= Instructor | Brain Games 8 a.m.  **Breakfast 9 a.m.**  Tai Chi Class 9:30 a.m. (V)  Spanish Class 10:30 a.m. (I)  Chair Volleyball 12:30 p.m.  Fit & Fab 1:30 p.m. (I)  (V)=Video  (I)- Instructor | Brain Games 8 a.m.  **Breakfast 9 a.m.**  Chair Exercise 9:30 a.m. (I)  Bible Study 10:30 a.m.  Crochet and Knitting 1 p.m.  Fit & Fab 1:30 p.m.(I)  Ballroom Dance \* 7:00 p.m.\*  \* New Start Time for Ballroom\*  (I)= Instructor | Brain Games 8 a.m.  **Breakfast 9 a.m.**  Tai Chi Class 9:30 a.m.(V)  Card Making 10 a.m.  1st & 3rd Thursdays  Bingo 11 a.m.  (V)= Video | Brain Games 8 a.m.  Chair Exercise 9:30 a.m.(V)  Card Games 10:30 a.m.  Meditation 12:30 p.m.  Fit & Fab 1:30 p.m.(I)  (V)= Video  (I)= Instructor |
| **AVAILABLE DAILY:** Beach Walk, Cards, Computers, Puzzles, Chair Volleyball **LUNCH** 12:00 p.m. | | | | |
| 3  **Scam/Fraud Prevention**  **w/Dave from VyStar Credit Union**  **10:30 a.m.** | 4  **Shine Presentation w/Carrie**  **Part C Open Enrollment**  **11 a.m.** | 5  **Fall Prevention: “Saving Claire” w/Kris at 10:30 a.m.**  Crochet and Knitting 1 p.m.  All Skill Levels Welcome | 6  **Field Trip:** Picnic in the Park  Bird Island Park  Bus Departs at 10:30 a.m.  Card Making 10 a.m. | 7  Card Games  10:30 a.m. |
| 10  **Field Trip:** Walmart  Bus is leaving at 10 a.m. | 11  Nutrition Education by Dawn  11:30 a.m. | 12  **Field Trip:**  Super Bingo Fundraiser  Lane Wiley Senior Center  Bus Departs at 9:15 a.m. | 13  **Nutrition Education with our Dietician Sharon 10 a.m.**  **Special Bingo w/Nelson**  **of Careplus 11 a.m.** | 14  Card Games  10:30 a.m. |
| 17  **St. Patrick’s Day Luncheon**  **10:30 a.m.**  **Wear Green!** | 18  Celebrating National  Lacy Oatmeal Cookie Day Cookie Tasting and Trivia  11:30 a.m. | 19  **Field Trip:** Golden Corral  Bus Departs at 10:30 a.m.  Crochet and Knitting 1 p.m.  All Skill Levels Welcome | 20  **Presentation from Caption Call**  **10:30 a.m.**  Card Making 10 a.m. | 21  Card Games  10:30 a.m. |
| 24  **Field Trip:** Publix  10:30 a.m. | 25  Presentation on National Diabetes Alert Day by Dawn  11:30 a.m. | 26  Crochet and Knitting 1 p.m.  All Skill Levels Welcome | 27  **Northwest Behavioral Group Session w/Charles**  **10 a.m.** | 28  **Walk for Senior Wellness**  **Friendship Fountain**  **11 a.m. – 1 p.m.**  **Registration Required**  **Monthly Birthday Celebration**  **12 p.m.** |
| 31  **Blood Pressure Screening 11 a.m.** |  |  |  |  |